

Chapter 07

Your Soft World....

.....*The Esoteric You*

There comes a moment in life when you feel that you have grown up. Such moment comes in everybody's life ...you are no more a child. For the student of Ad'dhyaatm, this is one important moment - You know your *Jiva* ...You know your gods ...You know your Devaas ...You know your capabilities and you know your best possibility. You know that they are your seniors ...your elders ...they constitute your larger family ...and you know what they are made-up of. You understand this family in a much deeper and intimate manner ...and you are clear that you are one of them. You often visit these family members and you know that you are treading your journey as directed by them. In a way, you have known the purest forms of yourself and of your surrounding family members. **Having known the world of pure forms it is the time for you to know the world of soft forms.** The best way to know any aspect of reality is to look into your own self. To know the soft world you must explore your own soft form ...Your Soft World.

This is the time when you must know how these pure attributes influence you. You should know how your true self gets confiscated under the influence of these greats? **Though sacred and divine, still these are classified as others. You must extract your thus influenced self from these supernatural phenomena.** You belong to them. They are your relatives. They affect you. They are not 'You'. They are others. You have a soft lifeline, which is deeply coloured by this divine family. It is important that you understand this soft world. You are shaded by these omnipresent identities in a very strange manner. While these supernatural phenomena are already acclaimed, these remain pure and unperturbed ...while your soft forms also remain pure and unperturbed, it is you only who gets coloured with them. You have to witness your being through these colours to know the exact your own self. It is a little puzzling initially ...it is a little intricate ...but for the student of Ad'dhyaatm it comes out to be a simple and obvious knowing. Being the human being, 'You' are the master of your home; your relatives are pure attributes having their own individual life and purpose. Your soft forms are your true servants to serve you during your

pilgrimage. Know them and know their classifications and then alone you will witness your true self. Then alone you will know bliss - Your True Love.

A. Your Soft Lifeline -

We, each one of us, like every other being, are a small and important part of existence and the existence is multi-polar. Existence exists in as many polarities as possible. Existence cannot be uni-polar; nothing can exist in single polarity. Accordingly, **we the important part of existence, exist only because of presence of multi-polarity in us. You know it - You must recognize it.**

For electrical energy to be generated two opposite poles are required. Without presence of two opposing charges, one positive and one negative, it is not possible to obtain even energy. **Every entity is understood only because of the knowledge of its opposite.** Our mind functions in this manner only - it creates the opposite and defines one with evidence of the other. Every good has a bad for its existence to be ascertained ...every day has a night, every love has hate, and every aggression is understood by presence of compassion. Every happiness (*Sukh*) is followed by unhappiness (*Dukh*) ...and so on. On little extrapolation of this dictum, it can be understood that, in existence every phenomenon is dependent upon the existence of its opposite. If the dark was not present, the presence of light could not be experienced; if the pain was not present, the happiness could not be known ...and so on. For each entity to exist, it must have at least two poles - one opposite to the other. **Purush and Prakriti are two basic opposites for the establishment of this universe.** *Purush* is the one that never changes and *Prakriti* is the one that never stays unchanged.

In natural extension above corollary, we are made up of two distinct wares - one is termed the hardware and the other is termed the software. The hardware part of ours can be seen, can be heard, can be tasted, can be touched, and can be smelt and the software part of ours cannot be seen ...and so on. That is, our hardware part is knowable by our sense organs and the software is not knowable by our sense organs. Now, this differentiation can be understood and framed in many different ways -

- i. Our Hardware is affected by our Sense Organs and our Software affects our Sense Organs.
- ii. Our Sense Organs are the front windows to our Hardware and our Software is the indoor director of our Sense Organs.
- iii. Our body's Sense Organs are situated at its periphery going further outwards and these Sense Organs in themselves are governed from our Inside trying to stop the outward sensory voyages.

...and so on.

Since time unknown, there has been a consistent struggle for supremacy between these two eternities - 'The Hardware' and 'The Software'. From the beginning of existence, these two necessary elements of our existence have been at war; **"The perennial war - The Life."** There has never been a let down by any one of these two ...That could not have been. Never the less, the two opposites have established their lobbies. The contenders for supremacy of Hardware - the believers of prime importance of physiological world, have never been in congeniality with contenders for supremacy of Software - the believers of prime importance of philosophical world. The materialists have never been able to understand the non-materialist and vice versa.

Many believe that in life 'The Physical Existence' is of sole importance. Physical, Physiological, Materialist life is so visible...so evident ...so available ...so proven ...so understandable ...so usable ...so beneficial and ...so existential. The philosophical, psychological, spiritual life is so unreal, so dreamlike, so meaningless, so un-existential ...only a bundle of words and a mere container of thoughts. Many believe that Philosophical Existence is of sole importance. Philosophical, Esoteric, Psychological, Spiritual, Non-Materialist life is so enchanting ...so fulfilling ...so eco friendly ...so enriching ...so continual ...so wholesome ...so omnipresent ...so natural ...so existential ...and so holy.

The world of Hardware is soooooooo big ...so enormous ...and so unfathomable. It is an expanding infinite. Let us not dwell upon merely counting the data; let us not put ourselves to test in recording the magnanimity of the world of hardware. If we were ever to enter into such realms of experimentation of our capabilities, we are bound to fail. Such a venture is sure to be labelled stupid; in fact, it is utterly foolish to enter into such meaningless study. At one go, it appears strange that we, such believers of the existential presence of the 'World of Hardware' cannot even have any record of its account and any account of its vastness - It surely is one kind of infinite. The dwellers of physiological, materialistic life are proud of the vastness of their ever-growing world. They find their lack of knowledge almost chest filling because it gives a feeling to them that they are part of something that is never going to end and that it is continually growing too. Also, this lack of knowledge provides them with an unparalleled security because, instantaneously, as the mind always works in streams of comparisons, they find that their world is much bigger than the other 'The World of Software'.

Funnily, the vice versa is equally true ...ditto ...same to same. The moment we term it 'The World of Software', we acknowledge that even this one is a World. So it must also be soooooooo big, so unfathomable ...and so on ...one kind of Infinite ...an ever expanding infinite.

Here once again we come across two opposite Infinities - 'The World of Hardware' and the 'The World of Software', more specifically 'The world of Hard (Materialistic) Life' and 'The World of Soft (Non-Materialistic) Life'. Only if these two opposite Infinities exist then alone there must be existence of Life. **If two opposite poles are brought in each other's vicinity, some field is bound to be generated, and scientifically, 'This field is the only reality. It is only the field which causes the matter to matter'.** The more the opposing infinities you recognize, the more is going to be life in you; the more is going to be field in you; the more is going to be power in you; the more is going to be energy in you.

Having cognized the above simple assimilation, we can understand that Materialistic Part of our life, mainly constituting our physiological material body and Non-Materialistic Part of our life, mainly constituting our philosophical (*Bhaavnaatmak*) body must be in vicinity of each other for 'The Life' to exist. Know this as one definition of 'Your True Life' - 'Your Charge Filled Existence' because of mere presence of Your Physiological Body and Your *Bhaavnaatmak* body in vicinity of each other. **The student should keep his physical body in its optimum state and his Bhaavnaatmak body in best state for his True Life to be his automatic domain.** The True Life will come out automatically and become domain of the man who keeps his Physiological and Philosophical Body in proper form and keeps both in a balanced state.

This simple fact, once correctly understood and followed, forms the basis of origin for the modern Personal Religion. Know that some kind of field (Life) will always originate in presence of some kind of opposite polarity poles. If one of our Physiological pole or our Philosophical pole is not in optimum state then, the life emerging will surely be of some inferior kind than the one true definition of Life.

When studying the chapter of '*Bhaav*', remember that 'The Soft Life Body' (*Bhaavnaatmak Shareer*) is also a world as big as the Material Universe ...maybe it is bigger; it is also one kind of Infinite. It has uncountable number of elements called '*Bhaavaas*', which constitute 'The Soft Life Line'. It is generally opposite in character, in quality, in polarity to The Physiological World.

For one, to understand the detailing of Materialistic Elemental Life you have to be an expert, but in case of *Bhaavnaatmak* Living you need not be an expert - the very fact that you have lived a certain life and you are living makes you qualified to know about 'Your Soft Life Line'.

For two, all the existential elements of the Materialistic World are comprehensible to our Sense Organs but the existential elements of *Bhaavnaatmak* World are not comprehended by Sense Organs. Sense Organs are object oriented; we know the

external world by them where as Bhaavaas are subjects of Mind (*Mann*) and Intellect (*Bud'dhi*). As objects of the external world and their comprehending sources are placed in a separate category when compared with Mind and Intellect, *Bhaavaas* are different too. On one side, Mind and Intellect work objectively on Sense Organs and work subjectively on *Bhaavaas* on other side.

For three, the Physiological Body exists for a certain period; it is certain that its end will be witnessed in some time. However, the *Bhaavnaatmak Shareer* has comparatively a longer life. Whatever development one may pump into his Physiological Body, its life span being very limited, the inputs are not of much avail - the resultant benefits will wade off soon. However, in the case that one pumps good amount of development into his *Bhaavnaatmak Shareer*, its resultant benefits can be reaped for much longer period.

For four, Physiological Body elements are the carriers of *Bhaavnaatmak* body elements '*Bhaavaas*'. *Bhaavaas* are carriers of your further finer body forms - The Suksham Shareer and The Aatmaa

...and like that ...

Your *Bhaav* is Your-Soft-Life-Line - The soft state of yours - The determining qualitative asset of your psyche. **You live in some *Bhaav* at a particular point of time in expression of your state at that time.** Accordingly, 'Your Natural *Bhaav*' is 'Your Natural State'. *Bhaav* is that silent communication that you generally live-by, wherein you are naturally yours - one that is read by the learned in all your actions and one by which, you are defined in actuality. 'Your Soft Life Line' - Your *Bhaav* is exhibited in all your actions. You are not otherwise; you cannot be out of your *Bhaavnaatmak Shareer*.

For the student herein, *Bhaav* is to be understood in its utmost Purity - Purity in its infusing state and purity in its Divine - Divinity exuberating state. Your '*Bhaavnaa*' is your feeling and your '*Bhaavnaayein*' are your feelings. *Bhaav* is your silent expression based on *Bhaavnaa* that you keep ...that you possess ...that you admire and that you wish to propagate.

Your *Bhaavnaayein* (feelings) are sure carriers of your Self to your destiny.

All cultures and all civilisations profess thus. There are innumerable dictates for the seekers in all cultures. There is always a long list of do's and don'ts in all civilisations. So and so *Bhaavnaa* is good and so and so feeling is bad. The dictates of Hindu Ad'dhyaatm, though laid down in the earliest dawn of humanity, remain absolutely befitting even today even to the modern mind. These dictates are apt ordnances in order to achieve one's destiny ...and these are, a strong guidance enabling the student to realise his full potential. **In Hindu Ad'dhyaatm, the student is dictated to go through most diversified variety of *Bhaavnaas* - rather he is implored to**

subject his self to as many *Bhaavnaas* as he possibly can. He must not only read about or only study the vast world of diverse *Bhaavnaas* available around him but he must live them. He must be wholesomely engrossed in the world around him, he must be aware of all his *Bhaavnaas*; he must experience all his *Bhaavnaas* to such extent that, that every now he can feel it approaching and every now he can feel it departing. He must know the traits preceding and/or succeeding his various *Bhaavnaas*. He should be owner, rather master, of all his *Bhaavnaas*. He should live so extensively amongst all his *Bhaavnaas* that he should sort-of over-live them. Ripe fruits leave their connections with branches for good of others ...naturally ...without any pain whatsoever ...in total satisfaction ...in completion of their cause ...in ecstasy. The Pathik, in all consciousness, must live with his all-possible *Bhaavnaas* to such an extent that the meaning of *Sam-Bhaavnaa* (*Sam* means equanimity, sameness, evenness thus *Sam-Bhaavnaa* means evenness of Feelings) enters into him in an evolutionary manner. *Sam-Bhaavnaa* must permeate into the seeker's being and become his constituent ingredient. Only one experienced in many many *Bhaavnaas* is qualified to experience the '*Sam-Bhaavnaa*'. Now, this *Sam-Bhaavnaa* is nothing but your possibility that would be stable, your potentiality, your 'could-be' - this is the true purport of *Sam-Bhaavnaa*.

Only those who have undergone substantially through the entire variety of their possibilities in an aware manner are ordained to peep into their 'Real Potential'. That is one definition of human beings in all cultures. One has to realise his potential. Of all species on the earth, human being is the only specie in whom the consciousness is so developed that he can look through to his potential. He can investigate into his best possibility - 'What he can be at the best'. No other type of life is ever questioned whether it realised and then raised its status to its best possibility but 'The Man'. The Man has to answer this question at some point of time in his life - Did you realise your potential and did you raise yourself to your best possibility? And, the Pathik is one who answers this question of his life boldly in an upfront manner.

Sam-Bhaav is a state of equinity reached by the Pathik. The Pathik remains unperturbed and / or unexcited in event of any *Bhaavnaa* gets ignited within him. His indifference is neither of ignorance nor of avoidance. His *Sambhaav* is an aware state of understanding; it is not a negative inclination of a passive adjustment; it is not a neutral stature self-consolation but a positive and a concerned stage of total appreciation and yet a composed living through it.

Salutations to this approach of Hindu Ad'dhyaatm for the student; it leads him into *Sambhaav*; this calm, composed state bestowed on the Pathik directly opens the gates for him to get into *Samyak-Gyaan* (Right Knowledge), *Samyak-Darshan* (Right Belief) and *Samyak-Charitra* (Right Conduct).

B. Understanding Your Soft Lifeline -

You are Body as well as Mind. You must register this fact deep into your psyche. There is no division between Mind and Body, there cannot be. What is the division between Matter and Consciousness? Can there be a division between Fire and Heat - between Sugar and Sweetness? They are one, they exist in unison, - and if one is present the other one is bound to be present. One is Gross and the other is its counterpart - same energy flows into both. Both are made, both can be made, both can be transformed and both can be transgressed. Know that there are no distinct boundary lines between matter and non-matter. Whatever divides the two is, in itself, in a state of continual transformation. **The Change is the only constancy in this world. The Hindu Ad'dhyaatm deliberates into the mechanism of internal working of a being in a detailed manner. The detailing herein is made only for the purpose of student's personal understanding and enabling him to be on the pilgrimage in the celebration mode.** The journey has to be a festivity; the living has to be a divine song.

There are many ways to look into the mechanism of internal working of your being. We have taken only the following two -

- i. **Mechanism of Energy Levels.**
- ii. **Mechanism of Body Sheaths.**

B.1 Mechanism of Energy Levels -

You can understand your true living by means of 'Your Energy Levels'. These 'Energy Levels' exist in you as *Chakras*. Chakra' means that complex zone in which you dwell ...arena in which you play the game of your life pertaining to that particular time. These are seven in numbers, each one at a higher evolved placement than the previous one. You live at one of these energy centres - it means that your entire living at any particular time be understood to be at some definite energy centre. Once you have learnt the power of consciousness, you cognize your living in that zone and you intend to evolve further. By being in the bands of awareness and by knowing this mechanism, you visualize your entire traverse of all past journeys and your probable post travels. **The story of your evolution unfolds by understanding this mechanism.** What you are - what you had been - what you can be - All is deciphered to make your traverse enjoyable. These are your centres ...your base circles around which you live. Each next centre elevates you to a higher evolutionary circle. This is one proven way to understand your living. You witness your entire possibility through these seven *Chakras*.

The First Chakra is *Mulaadhaar* : This is the most basic level of living you can have ...just at the base ...just on the ground. **You are living ...just living ...and that is all.** Your consciousness is buried deep away from life ...from light. You are just like an animal, that too, of the lowest kind. Even on the physical stage, you are just as meaningless as material ...but living ...existing ...undergoing all processes of life at the most basic level. At this level of living, your only demand is food ...only input you crave-for is food. You are a material - Food and Material is all you need - Food and Material is all you constantly engage-in for, continually and uninterruptedly. Like amoeba, like a worm, like larva and like an insect you know material as your sole demand ...ever - and since you are a human being existing in present day civilization, of course money too. In your evolutionary cycle, you are always like a just-born human being - a newborn child - of the lowest kind - one with sleeping consciousness. **You are like a baby who needs only milk - Knows only to suck.** You are always hungry - your demand is just that material and all you need is that material. You may be grown up in body and in age but you live a life of the most sleeping consciousness with your material needs alone. You are hungry and you need to eat some material - you always need to hog something. Material meets the material and you are satisfied. You experience some kind of exultation - and you convulse - but you are hungry again - you need material again ...and again ...and again.

This is the life in which the consciousness is in deep sleep ...existence is unconscious - it is life of stones, rocks with no mind - opaque, physical, material, and solid. You are born in life form, but your aperture to obtain light is closed or merely somewhat open. No light can pass through your opening - it is all dark inside - you have no idea of sun or the light thereof. At the maximum, it is just a trickle, just a tickle, just a minute hole through which some light can pass - but it is too a feeble signal for you to register. The Chakra is *Mulaadhaar* - the lowest energy level at which a being can exist. Human being is born at a higher level. However, some of us do not wish to look up ...that is sad. Physiologically this Chakra' is positioned in the groin area.

The Second Chakra is *Svaadhistaan* : Now you are little grown up. In evolutionary cycle, you are no longer a newborn baby. **Now you have learnt initial chapters of living; now you know; now you know how to relate. Now you know how to acquire; now you know how to dominate.** You know that you have the power in you and you know the tricks to achieve your demand. Now you are at an elevated energy level, a step higher than *Mulaadhaar*. However, your living is one sided; you know only to acquire; all your faculties are closed to anything further than that. You are grown up, you are powerful, and you know only how to acquire. You are an achiever but you know only domination.

Your centre is only around demanding; you are like a politician. You are always in need; need of acquisitions, need of money, need of power, need of being heard and

need of your existence ...at cost of others. Your sole concern is you alone. **In this level of living you do not know how to care; others do not exist for you; their existence is only for your purpose.** Your demand is your own only - you are incapable of recognizing others. This is an unconscious living. You are like a homosexual ...always unsecured ...always abnormal ...and always needing ...demanding.

You are having an unconscious mind. In *Mulaadhaar* level of living, your existence was unconscious. In *Svaadhistaan* your mind is unconscious. It is life of Plants and Trees - your consciousness is in dream stage; a very limited and very caged consciousness. You are somewhat open now - some light and knowledge can pass through you. Your aperture is somewhat open now; you are available to some growth now ...but it is too limited and one sided only. This Chakra is positioned at the navel level - a bit higher than the groin area. Living at this level is also an animal kind but man is not born in this level. Man is not meant to be at this level; this energy level is for lower order animals - The journey of man is much beyond this state.

The third Chakra is Manipura : You are not born to be demanding only; you are not born to be of that type; humanity is not defined thus. You are born a bit more evolved. Your energy flows from more evolved gate. **You understand the existence of the others. Now you believe in sharing; your demand is in reaching but it is sharing based now - it is not merely a single sided track.** You are in sub-conscious state now, much nearer to humanity as compared to earlier two states. Now your consciousness is neither in deep sleep state nor in a caged consciousness state, it is neither a 'no mind' situation nor an unconscious situation - It is in subconscious state. Subconscious mind understands believing; now you recognize others; now you believe in their presence. Now you seek pleasure from others but others are not mere material for you, others are not merely under your power, you do not believe in just your part of the achievement; interest of others are looked into, by you. It is an animal and a bird Chakra. It is the place of sex; you are in heterosexual life herein.

Manipura is deep sharing - believing - giving. **When living in Manipura Chakra you get the glimpses; this is your first encounter with the light; herein, for the first time you confront knowledge.** It is your first tertiary date with destiny. When your energy flows through the gate *Manipura*, your beginning starts. Now you can ...now you may. Now the basics are clear ...now you may succeed ...life can have a meaning for you now. **You are just about a human being now - The privileged one.**

Manipura Chakra is situated in the chest; some kind of physical power. It is highest order of the Animal Chakras. The first three Chakras are Animal Chakras - The No-Mind, The Unconscious Mind, and The Subconscious Mind. You witness the glimpses to further evolution now, but you cannot fly; you cannot decide; you cannot think freely. You seem to free of being caged and yet you know that it is not so; your

freedom is instantaneous and even momentary. Your ambitious flights are mere flickers. Herein you are not subjected to the challenge of your possibility because you do not have one. You cannot grow over. Still, from this gate you are just about a human being.

The fourth Chakra is Anahata : This is the Chakra of the man, of the Human Being. **This is a unique stage in your evolutionary cycle - positioned in the heart - in the lotus of the heart - it is also called The Heart Chakra.** Know it - You are born at this level. You already exist at this energy level. At this stage, your consciousness is your inherent domain. Being in this Chakra, you can inherently feel; herein you can 'can', you can be a 'can be', you can elevate your status. You can, not only know your potential but you can achieve it too. You can realise your potential possibility and you can reach it - you can even surpass it.

Only in the heart you are human - you can feel, you can love, you can pray, you can cry, you can laugh, you can share, you can have compassion. Only being in the heart you can be a real human. **Humanity dawns on you only at this Chakra; you are exposed to the wonderments of existence at this stage. You can be the conqueror and emperor of all that you can think of.** At this Chakra alone you are conscious; consciousness here-along is your possibility; consciousness which you can adopt and ride or the consciousness which you can diffuse.

At this Chakra alone, the first ray of sun enters into you. **Remember this is only a qualification; remember this is a mere possibility; remember this ordainment of consciousness brings along with it a host of responsibilities, choices, and anxieties.** 'You can' and at the same time 'You may not' - Your further evolution now is your own responsibility - now on you are solely responsible for your selection of choices. It is your individual responsibility hereon. Individuality is the key word now. Now you are an individual, you are not a part of any group anymore. Remember, from here on your further evolution is neither mechanical nor collective. You have to take the onus. You have to be the pilgrim. The journey is of your personal individual conscious evolution.

At *Anahata* level you are uniquely placed - you are a human being - below this level you are an animal (animal like) and above this level you are divine (divine like). This is a bridge between the two possibilities. **You can go up ...reach up ...to become divine and you can go down ...fall down ...to become an animal.** The choice is entirely yours. Love is the base here. Like sex was the base at *Manipura*, Power at *Svaadhithaan* and Food at *Mulaadhaar*. If you let the light enter you - you will be able to rise above the Food barrier, you will be able to conquer the Power barrier, you will be able to win over the Sex barrier and you will be able to live The Love Life in its wholesomeness with ease.

Love will be your domain now on - Love that encompasses the entire creation - Love that flourishes well being of all that the creation beholds. **If you live consciously at**

this level, the chapters of Ad'dhyaatm will unfold for you from the recipe of Love. Your journey forward will be a sure possibility. Love will not be an act for you now, not something that you are involved in, not even any kind of natural happening for you - Love will be a transformation of yours. You will be transformed into Love ...You will be Love.

The fifth Chakra is Vishud'dhi : Not many people reach this Chakra level. Most keep shunting between the love and the sex Chakras. **Some start their lives with love chakra; they proclaim it - 'true love, divine love' - but fall into the sex Chakra.** However, those who dare to travel through 'The Sex Chakra' and 'The Love Chakra', those who enjoy the game of risk taking, those who know how to live through the subconscious and through the conscious reach this level of energy band - The Vishud'dhi Chakra.

This is the level of Super Conscious Mind. Now you have traversed through the Animal Kind Life and have sufficiently gone across the mere Human Life of Love alone; you have entered into the divine levels of human possibility. **Now primarily you cannot go back, now you cannot fall back into the lower Chakras of human evolution cycle. Here on, your journey is into the divine world. Your love now is prayerful.**

Your form of love is further purified now. Your form becomes more subtle ...more sublime ...more fragrant ...more far-reaching ...more humane ...more encompassing ...more saintly deliberating in all your actions. **Prayer is your internal song now - internal hymn - continual - ever.** This Chakra is positioned at the throat level - from where you pray, where from you sing enchanting lines of The Supreme. Now your love is more prayerful - more meditative. Sex is dropped far off ...you do not know where and when; once you lay your hands on diamonds the stones are dropped unconsciously ...you do not know when and where.

You are a kind of a-sexual now. Now love is in the stance of getting transformed. **Now love has become so complete that it is prayerful. Now the entire eternity is a single identity for you ...love-some ...and wholesome.** Now beatitude is the way of your life - now you are at the entry level of super consciousness. You are a refined man now. You are qualitatively, a woman now - a very fine human being with divine qualities - receiving, forgiving, musical, having interest in poetic ways - colourful styles - simple flowing attitudes. Your piety is boundless now. Your compassion is wholesome now. Your empathy is holy now.

The sixth Chakra is Ajna : This is the Chakra of rest - of utmost achievement - of the pinnacle of reaching - of the apex of humanity. Very few persons reach up to this

stage. **In most civilisations of the world, this is the ultimate stage of evolution that the man can reach; this is the last ...the highest state of human possibility.**

Now love is no more a relation with you, you are beyond love - finer than love. Now it is not even a prayer - it has become a state of your being now. **It is not that you love somebody now - no, now it is something that you are the finest form of love.** It is not the question of loving now - now it is that your very energy is love - you are not otherwise, you cannot be otherwise. Now love is your natural flow - unconditional - like, you breathe so you love, so you pray, so you meditate.

Ajna is positioned at the forehead level - you are beyond love, beyond prayer now. You are transcending the prayerful stage now - you bathe in the glory of broad light now. Now meditation is your life. **In prayer, you invite the Supreme in you - You invoke Him. In meditation, you are in silent communication with Him.** Your concentration is an emptying Mind ...an emptied Mind. Meditation is your instant state now. Now, He is almost with you, continually, at will. Rather, now you are always with Him - at will.

Very few are able to reach this stage - And many who reach there do not comeback - They remain unknown - They are unheard - They are at ease. The way further to this incessant interference of 'will' in your pilgrimage, is completely sorted out in Hindu Ad'dhyaatm. The students travel further into happiness and into bliss.

The seventh Chakra is Sahasrar : You have arrived at your destination - You have reached home. This is the highest possibility available to the man. Not many cultures give their people this state of evolution. Physiologically it is positioned at the top of your head - It is highest Chakra for man, the crest level of energy - **The state beyond Love, beyond Prayer and beyond Meditation. This is the state of Rest - of Peace - of Happiness and of ...Bliss.** It is the state of No-Mind. The 'will' is not with you anymore; it is dropped ...lost. Now you are not bathing in glory of light ...You are the Sunlight - You are the Light.

You started with No-Mind at *Mulaadhaar* and now you have reached the state of No-Mind at *Sahasrar*; you have traversed the full cycle - from lowest of the animal kind living to the highest of the divine kind living. Hindu Ad'dhyaatm gives this incredible possibility to its students. Its followers simply know this journey, they are simply conscious about it, they are just aware of it. For this reason, they find their God in stones. Both are same, there is no difference at all. Both are No-Mind - One at the lowest level, rocks and stones and other at the highest level, God.

B.2 Mechanism of Body Sheaths -

The human being is a complex existence. **Man lives so many distinct lives almost simultaneously; man cannot live otherwise, man cannot do otherwise.** Human life is a woven fabric - weaving of so many affairs, colours, patterns, textures, and weaving of existences of so many associates living alongside him. This classification is done primarily for the human understanding; just to make the student aware of different well-defined zones in which he lives. Hindu Ad'dhyaatm explains the phenomena of human living by way of seven bodies. The important aspect for the student is to know these seven bodies - Each body has its structure, its foods, its elements, its dreams, its tensions, and its limitations. **Man lives in these well-defined body zones ...and behaves thus. The whole lot of one's different personas turn evident now ...these seemingly divergent life forms become obvious.** Having known ones living in these compulsive life forms, the student of Ad'dhyaatm evolves his own method of transcending them.

As a student of Ad'dhyaatm, you are on an inwards journey. You must start with knowing your physiological body from inside. It is the first step. This is the first body - **'The Physiological Body'**. You must be aware of your physical body, as nobody else knows.

From outside, anybody can know your body; from outside everybody knows your body just the way you know it. Your outside body is like a commodity. Please be careful - this is your first step on the pilgrimage that you have chosen; and the first step is very important. It has to be in right direction. **You must not hurry ...you must not rush it up - take your time. Give this important venture full concentration. There is no hurry. You have lived a million lives and have never before decided to take this first step.** If you must reach your destination, you have to be in the right direction. Your body is the carrier of your being. You must know yourself physiologically from inside. This is like knowing yourself as nobody else knows, as nobody else can know. Then, the knowing of your body will be your personal knowledge. Then, you may or you may not disclose that knowledge to anybody. Then, you may share it with people around you based on your own choice. Then you can trust yourself - This trust is important for your life.

For example, you know your eyes as everybody knows. Yet, once you know your eyes from inside, these turn out to be your real wealth. You can know how your eyes perform, when they see and when they do not see, what they see and what they do not see, how they feel from inside and how they wish to react, what they want to communicate and what they are hiding. Know your eyes from inside - how they act, how they react, what is to come from them, and what has come of them. Then you will know your eye as nobody else knows. Then this personal knowledge of your eye will be your own asset to be utilized as per your own wish - your own choice. Similarly, let us take another example - consider your hand, everybody can see your hand as you can see it but you should see it from inside, that is even when your eyes are closed or even when it is dark you can feel that your hand is there, others cannot

feel it on your behalf. You must know its strengths and its weaknesses, you must know the speed at which it can act, you must be aware of its limitations, and you must know its internal form. Then this awareness becomes your personal knowledge, now you will use this knowledge solely for your own self, now you will share it with others based on only your own choice ...and so on ... Know your entire physical body from inside.

Your physiological body is solid - opaque - materialistic and physical; you must maintain it for your existence to be meaningful; you must know it for your voyage to be successful. You must know how your body is behaving now and why it is behaving thus now. You must be aware of how your body is going to behave in coming time. You must know how your body will behave in some ambience. You must be aware of the foods suitable for your body and harmful for it. You must be aware of its dreams, its uneasiness, its tensions, and its requirements.

Slowly you would have gone inside your physiological body. Slowly you will personally know your physiological body from inside. It will be a distinct entity for you now. Then you will realise that there exists another separate living form of yours than what was hitherto known to you. Once you have sufficiently discovered your physical body from its inside mechanisms, you will realize there is much more to you than this physical body alone. You will come to understand the existence of other life forms that you are living. You will start knowing that there are other bodies that you are possessing; you live your life in other forms too. Sometime at this juncture, you begin to know about your second body, '**The Etheric Body**'.

Know that it is a traverse; it is a journey. You intensely wished to know why you behaved in so many different ways and you looked for answers from this traverse. Your different behaviours are pertaining to different bodies you live in. These different body forms of you are so obvious. You cannot do anything about them. You can only know them and know their genesis ...thereby you can transcend them.

You will be able to see your **Etheric Body** from outside initially. Having known your physiological body sufficiently, you will be able to see that you are inside your first body and outside your second body. This Etheric body is your suggestive body. It is made-up from your own agreed suggestions. It is image ...imaginary body of yours ...images that you see and that you imagine. You have lived in the society, which in turn has coloured you with so many suggestive norms. You have made your own understandings of good and bad. The suggestive form of yours has now grown up into a complete body.

Etheric Body is a little opaque ...quite translucent. It is not transparent. You can at times, see through it. With little effort, you can pass through it. It is of same size as your physiological body. It is concerned with your sky and space. It is body of your present flights ...your present intents. It is the carrier of your *sookshama* 'Indriyas' (your subtle sense sources). This body responds to *Naada* (drumbeats), to Sound, to Colour and to Perfume.

Hath Yoga is for Physiological Body and *Mantra Yoga* is for Etheric Body. *Hath Yoga*, when practiced intimately, leads you to your transcendence to your Etheric Body and *Mantra Yoga* does the same for you to transcend further. *Hath Yoga* is necessary to keep your physiological body healthy and *Mantra Yoga* is necessary to keep your Etheric Body healthy.

Only on sufficiently moving inside your Physiological body, you are able to move into your Etheric Body. Only after having understood your physiological body sufficiently, you begin to understand that there exists another separate body of yours, which is made-up of primarily your agreed suggestions. *Mantras*, *Pooja* and *Archana* keep this body nourished. In time, you begin to visualize that suggestive body of yours is living its independent life.

The motion of your traverse is from outside to inside. You make your energy flow from outside to inside and that is the positive flow of energy. Such flow of energy is heightening. It is in line with appropriate evolution, it is happiness-wards and it is in the right direction. Now you are inside your Etheric body and you will be able to understand it in all its distinctive nature. Slowly you will find that you can go inside your Etheric body with ease, with little effort and at your own will. When you will be inside your Etheric body, you will be outside your third body '**The Astral Body**'.

You will be able to see your **Astral Body** from outside now. You will be able to see that you are inside your second body and outside your third body now. Astral means the most-minute, the smallest, *ati-sookshm*, atomic, beyond which the matter does not exist as matter, the matter ceases to be. Astral body is your elements carried from the pasts; your elements from so many years of living from your past, millions of years of your past, millions of lives - what get carried to next birth are your desires.

Now seeing is meeting; now seeing means knowing. Now seeing communicates understanding directly. This Astral Body is your accumulated desire body. Your Astral Body is nothing but desires - uncountable number of desires - a total quagmire of desires - desires totally unknown to you - desires totally new to you - desires of unknown origin - desires of unknown times - of unknown nature - of illogical requirements - of incoherent patterns. Only when you have sufficiently known your suggestive body, you will be able to know your Astral body. The movement is still from outside to inside.

Astral body is transparent through and through - you do not have to do any effort to peep into it, to get inside it - once you are sufficiently and consciously inside your second body, you can look into your Astral Body. No effort is required to get into this body. Only, you have to wish - you just wish and you can get inside your Astral Body. Do not be disturbed to see that millions of desires keep lurking in you. Do not be perturbed. Do not feel belittled by observing thus. Do not get annoyed with yourself. It is always so - man is nothing but a bundle of desires. This is nothing but natural - to have desires is the way of life. Just observe - just understand that you have these

desires. Just watch them. Do not fight them - do not look for their cause - do not attempt destroying them - do not try fulfilling them. Just watch them - just watch them come and go - just watch their dance - just watch their inaptitude - just watch their temporariness - just watch their helplessness - just watch them with a matter of fact stance.

Do not pity your' these of desires. Do not register or even acknowledge them. You do not register your hand; you do not acknowledge it; it is just there. As your hand is there as your body part to be understood and to be known internally, similarly your Astral body is to be watched into factually. It is of no significance. You cannot help it; you have wandered for so many years in so many spheres. It is just with you; it has to be with you; it had always been with you. Only, earlier, you did not know about it so it cofounded you; its sporadic emergence left you dumbfounded, it was both a pain and a surprise for you. Now, it is of no real concern - now it does not hamper your being - now it lives alongside you in its own existence, in its own growth pattern ...or ...in its own dissolving pattern. One simple fact about your desires is that once you understand them they become powerless; they are unable to drive you; they become ineffective, they just wade off.

Astral body has the logical quality of travelling into time. Know that Physiological body cannot travel in space or in time; it is always there and is always at that time. Etheric body can travel in space and sky; it can be anywhere, but it will be in that time only. Astral body travels in space and time but it can travel in the past only because it is from your accumulated past. *Bhakti Yoga* is of great help. Not that *Bhakti Yoga* will do any miracle but it is of great help in transcending the Astral Body. Desires are invited and oriented towards the Supreme with zest, with all your *Bhaavas*. It is effortless transcending. When you have understood your Astral body, when you have comprehended the Astral body, you can look into your fourth body, 'The Mental Body'.

Now you will be able to observe your 'Mental Body'. In this body there is no outside there is no inside, there is no wall. Mental Body is without boundary; the moment you are outside your Mental Body you are inside it. The movement is still from outside to inside - you are travelling from outside to inside still. **This body is your all thoughts, millions of thoughts - never stopping thoughts, ever continuing thoughts, never concluding thoughts.** In this body, you can travel in space, in time in the past and in time in the future. Many times, you are able to visualise what is to come - you can think and know about certain happening to come in the future - especially in times of emergency you get the glimpses of the future.

Your thoughts constitute only one kind of your body; you must allow it to exist; you must not interfere with its functioning; you must let this body live. It is a difficult challenge - thoughts occur in your mind and to let them live and to allow them to exist you have to let you mind be free ...free of you ...you have to be out of your mind. It is a difficult task. Only way to achieve this, is by way of becoming totally aware of your

mind, by becoming totally aware of process of your mind, of its functioning. Once you are aware of your mind you will be disassociated with it - that is the trick ...you will be out of it, free of it - now its process, its dance will be clear to you. It works in times of past, in times of present and in times of future - when it works in one time it misses other two times - you will be able to see the past, the present and the future but individually, not as one. These form your individual dreams - dreams that belong to you, its output will belong to you. Thoughts are contradictory in their aspects and each one tries to own you, but you are free of them.

Raj Yoga is the dictate now. Remember when journeying inwards - the more you travel inside more realistic are your dreams. When in your physiological body, your dreams are true fantasy, very distant from any kind of truth; and the more you travel inside - Etheric dreams are quite near to truth - Astral dreams are quite realistic - and dreams of the Mental body are close to real. However, in this body you can dream about your own self alone.

Journey forward to Mental Body is very difficult. Like, it was difficult to enter your first body it is difficult to tread forward. Human beings mostly, at their best, live up to this level. People living in their mental body appear like superman but it is not so; these are people who have utilised their mental capabilities in a big way; these are people who are aware of their mental affectivity.

Once you have known your body of thoughts, the body of desires is very clear to you, the body of suggestions is very evident to you, and the body of physiology is now obvious to you. In a way, you have known the existence of your material world. You are totally aware of its play and game. You can see through the world around you. This is the time when you start looking at the beyond. Your horizon starts expanding. Next body is **'The Spiritual Body'**.

Traverse into your fifth body is very significant: Mental body is the last body for the man - In further traverse, the Spiritual Body, what lives is a superhuman. Now size of your body is not specific, not important. Now your traverse is not from outside to inside. The journey from outside to inside is over with Mental Body - the traverse is altogether in a different plane now. Now it is the upwards traverse - up not in any geographical direction but up in the level of evolution - like up in the centre of your living - like up in your energy level - like up from your present Chakra. Transcending from fourth body into the Spiritual body is wading through fire - fire never looks down, it always goes upwards.

Spiritual body is your crystallisation. It is true formation of your entity. Your dreams are very true now ...very truthful, very realistic and very truly happening. In this body, your traverse is in space, in time, individually and even collectively. Two persons in spiritual body can dream same dreams - their understanding of life is similar.

Yoga is of no accord now - Now there is no Yoga - Yoga is concerned with man - Yoga is scientific. This stage is par scientific; this is movement beyond Yoga. Now onwards you have a centre; till this time you did not have any centre. Up to now your energy was not unified, but now your crystallisation starts, you start summing up, you start becoming a total. This gives rise to creation of ego - to oneness - to unity. The fifth body is the richest a man can have. You have realised your potential. Now eternity is your way. You are at zenith.

However, to the student of Ad'dhyaatm, this ego and this image of your being, spiritually acclaimed, is the hindrance to further travel. For this reason, many people remain in this body only. The journey forward is very difficult. You have to drop your ego. You have to forgo your image of being spiritually ordained. You have to travel alone now. If you can do that, you will not be visible to yourself. Strange but true, it happens in automation. The propelling is not in your control. One moment you find that you are in your sixth body, '**The Cosmic Body**'.

The traverse in **The Cosmic Body** is your movement from ego to non-ego, from I to non-I. It is a momentous transcendence - the celebration, the jubilation is tremendous. Now there is no question of outside or inside - of downwards or upwards. Now it is the question of being lost - being lost as a self. Now it is annihilation of your mind, now it is becoming the no-mind.

Now the big moment is that your positive is to be lost. It is lost into the infinite. Now it is your entry into the cosmos. It is not being lost but becoming the cosmos. It is enlarging of your being into the large. It is your final immersing into the infinite. It is your emergence of a special kind - your own becoming the infinite - one drop meeting his very ocean to become the ocean itself. This is the body of no return. Once you have embraced the infinite you have become infinite - 'only your aura remains back' - 'only your you remains back' - 'if your positive is lost only your negative remains back'.

Now what remains is a pure non-you. In the journey, as per Hindu Ad'dhyaatm, now your non-you is to be lost ...must be lost. This is the final transcendence into your seventh body, '**The Nirvanic Body**'.

The traverse into this **Nirvanic Body** is not known ...cannot be known. No religion other than Hinduism knows about Nirvana. Nirvana is a Hindu word. It literally means cessation. How can this be known? It is availed to the sincere student of Hindu Ad'dhyaatm. You have reached - The journey is complete.

...The flame is gone...

...The bird has flown...

Deliverances of Your Soft Lifeline –

The student must respect the importance of *Yoga* in his human voyage. *Yoga* is of great help. Without *Hath Yoga*, it is impossible to transcend your first body and without *Mantra Yoga*, you cannot transcend your second body. Only after having known your Physiological Body sufficiently you will visualise your real separate Etheric Body. Here *Mantra* is of great help. *Mantra* is some kind of system for the Mann (*Mann ka Tantra*), organisation of Mind. Consistent, repeated, suggestive, rhyming, feeling-infused dictate is *Mantra*. Whether you follow the implied meaning or not, whether you understand the hidden cosmology or not, the *Mantra* is very suggestive to your wellbeing or otherwise. Once you understand your suggestive body, your understanding of life deepens. Your physiological body is completely taken care of and you start using suggestion, self-suggestion and auto-suggestion to improve your own productivity. In the same way, your journey into *Bhakti Yoga* is of much help. Eastern world has just come out of the great *Bhakti Yuga* and the Western world is looking into the *Bhakti* Cult. This is a unique conjuncture; the entire world is having some deep association with *Bhakti Yoga*. *Bhakti* is singular faith in your Supreme and your expression of the same; it is your undaunted devotion unto Him. *Bhakti* is a man-ordainment; *Bhakti* converts you from an exercising man into a receptive woman, from a logical man into an accepting woman. *Bhakti* brings out the finer person from within you which is more understanding, more adjusting, more compassionate, more believing, more poetic - more beauty oriented - more friendly - more home loving - more sacrificing - more oceanic - more sky wards and even more earth-like. *Bhakti* elevates your aggressive brain oriented man into your godly, divine, sublime feminine form. Today's India is cramped with infinite *Bhakti* material - this causes many men to remain in this stage only but the Hindu Ad'dhyaatm looks much beyond this stage; it is merely the third stage in the ladder of evolution. In *Bhakti*, you are in love with the Supreme.

Further, your love enlarges its horizons. Your canvas of love becomes bigger. Further, you transcend from loving into love and then prayer and so on. Know that once you have travelled across, then only you can look into the fineness of the *Bhakti* stage. Then alone you can decipher the power of the structure of the *Bhakti* method - the soul-tearing cry for the beloved Supreme, the fulfilling beseeching, the totality of human effort in this sacred endeavour, the wholesome orientation of the three bodies and the regal completeness of the same. Then your faculty of categorising the man's endeavour in its strata of operation will be clear to you. Then you will make your own templates for life. Then you will understand the game play of the Supreme. How He manages His affairs? Then you will understand the importance of journeying forward; also then, you will make your own comprehension into the evil squanderers of the society and their means and plans. Then alone the whole world will unfold in front of you.

Your *Bhaav* is your direct entry into the World of Soft. You must know that without *Bhaav* there is no existence for you; without feelings you cannot exist even for a microsecond - that is not practically possible, no human being can exist without feelings; you will cease to exist instantaneously. What is existence without feelings? What is a man minus his feelings - a mere body - a mere pumping, pulsating, moving, dynamic mass - a mere material with inertia? Without *Bhaav* your existence is not human - it is simple existence occupying some space and dwelling in some time.

In the world of materialistic existence, you cannot acquire more than a limited quantity of matter and also you can keep any acquisition with you only for a limited period of time. You cannot eat more than a limited quantity; you cannot consume more than a limited quantity. In the world of Gross, every element is dimension oriented; it has a specific measure and it has a specific mass; in material world, you cannot live beyond limited specifications. Man's capabilities are limited and specific and narrow. Do you know in what range of wavelength of light the man can see and that there exists a whole range of light beyond this limited range of wavelengths? Do you know within what range of frequency a man can hear and there is a whole lot of sounds beyond this limited range? Man's limitations are specific and very narrow in each and every aspect. But the world of soft operates in limitless dimensions, in ever enlarging modes ...in ever growing horizons. In Soft World you can be ever acquiring, ever consuming, ever feasting, ever celebrating, ever enjoying, ever in festivity and yet asking for more. You can be ever refining, ever purifying, ever subliming, ever getting diviner. You can be ever becoming transparent; you can be ever dissolving; you can be ever vanishing. You are always in the beginning - ever fresh - ever positive - ever childlike - ever aspiring - ever uncaring yet ever careful - ever forgetful yet ever conscious - ever out of context yet ever aware. It is a world of infinite and it is your game plan now.

Whenever you come across any new aspect, you, either register it or you miss it. You carry with you whatever you have registered and it becomes your property, your domain, your wealth, your tool and your handy information. It is up to you to develop it, to master it, to make it an element of your flavour and adapt it into an essence of your signature. And once you have known it, once you have comprehended it, once you have experienced it, it becomes oppressive for you to devote any further time on it. If you were to come across it again - it becomes a sort of pain to listen to the nodes once again. If you have to go through the curriculum again and again under some compulsion the information turns uninteresting for you. It even turns stale, a sort of wastage, of no use. The idea is that you only wish to learn a newer aspect, a different aspect, a finer form. You only care to stretch further; you only respect to evolve further. Your enjoyment is only in learning anew, in newer technologies, in

deeper meanings, in clearer understandings. In nutshell, you always wish to be in the beginning only. Starting always enlivens you; you cherish being a beginner. This is quite natural and such naturalness is the way to life. Nobody likes stale food or stale information - same is true for living too. Once you 'Come Across' you learn to be in the beginnings alone - Hindu Ad'dhyaatm teaches this. For you, God is never stale with same *Mantras*, with same prayers, with same photographs or with same statues. For you God is available in million forms, in million colours, in million flavours. For you God exists alive. For you your evolution is the evolution of your God. For you the world becomes a stage and you playing your own active, positive heroic role in it. You meet your God afresh every moment; the same *Mantra* carries a newer meaning to you each time, the same temple converses with you differently on each occasion and you do not garland God as an unknown dead, past, over and unloving esteem; but you decorate him with fresh, bubbling, childlike aura - Consistently finding newer relations is Prayer.

In summing up this chapter a few important surprises spring up for the student –

The seven Chakras are - *Mooladhaar, Svaadhisthaan, Manipura, Anahata, Vishud'dhi, Ajna and Sahasrar*. These are energy bands - zones of your attitudinal operations. These form the gates through which you look into your *Aakaash*. These are the windows of your home, from which you view the sky. It is only on coming out of these windows and seeing the open sky you will observe that the sky is the same; that it is the same sky that enters you through your own made (man-made) windows. It is only on experiencing the vastness of the openness and the magnanimity of the wondrous infinite that even from within your house you will know that it is only your window that frames up the sky - and the entire sky will be in your house.

The seven Bodies are - Physiological, Etheric, Astral, Mental, Spiritual, Cosmic and Nirvanic. These are your life living aspects - you live in these forms of life - every moment one of these forms of your body dictates your living. Understand that these should be your servants - These forms of yours must be your obedient slaves - You must be the master. Whenever you have a visitor to your home, that is when ever you are visited by any incident, whichever servant is near the main gate receives him and interacts with the visitor in the manner of its inherent quality. If your Mental Body is presiding over and at that time visitor to your home is a child (pure, unperturbed, joyous and juvenile), your Mental Body will interact with the visitor, child, in its own thoughtful matured logical manner and make the visitor confused about you. Such dealing with your child guest will also leave an irremovable impression on the child

about elders in his society. This behaviour will affect even the child's progress. His inside will not accept your behaviour but he would find himself helpless either in communicating with you or within himself. Unknowingly you would have committed a sin ...and this would go on ...unknown. You must be the master in your home; you must take charge of your home; all your servants must be obedient to your wishes and plans. You must run your home. Then the world around you will be natural and your life will be satisfied, peaceful, harmonious, and blissful.

Seven Evolutions of Mind are - No Mind, Unconscious Mind, Sub Conscious Mind, Conscious Mind, Sub Super-conscious Mind, Super Conscious Mind, and No Mind.

Seven types of corresponding Life Forms are - Rocks / Stones / Rivers, Plants / Trees, Birds / Animals, Human Beings, You, Your Chidiya and God.

In the first no-mind (rocks, stones, rivers) the consciousness is far off, it is in deep sleep, in coma, so much so that even the unconsciousness is not there. The life is inert, hugely simplified, just unmoving, uncaring, at complete rest, forming the world but not concerned with it. Consciousness is hidden, veiled, and not available. In the last no-mind (God) the consciousness has reached beyond Super Consciousness. Now the unconsciousness is missing totally, now the unconsciousness is absent, is lost forever. Now unconsciousness is in deep sleep, in coma. Life is absolutely aware and knowing. Now there is no veil, and nothing is hidden now. Now life is ...as if inert but not so ...as if unmoving but not so ...as if uncaring but not so ...as if at complete rest but not so ...as if forming the world and not concerned with it but not so. Now the life is totally positive ...absolutely godly. Both No Minds are similar in shape but opposite in their aspects, opposite in their inherent nature.

Seven Stages of Life are - Food / Material, Domination / Power / Politics, Sex / Sharing / Believing, Love, Prayer, Meditation and Reached.

First three come under *Agyaan* (*Moodh, Aawaran, Veekrit*), Fourth is in the category of *Vigyaan* (*Aparoksha*) and Last three correspond in *Gyaan* (*Paroksha, Shanka Nivriti, Nirankush Tripti*).

First Three Types of *Agyaan* is lived by *Ku-Tark*, Forth type of *Vigyaan* by *Tark* and Last three types of *Gyaan* by *Vi-Tark*.

Lives in first two stages are termed *Nimna' Jeevan* (Lower Lives). The third stage life is termed *Saadhaaran Jeevan* (Ordinary Life). The fourth stage life is termed *Safal Jeevan* (Successful Life). The lives in fifth and a portion of sixth stages is termed

Divya Jeevan (Divine Life) - *Utkrishtha' Jeevan* (Evolved Life) - *Ujjwal Jeevan* (Enlightened Life), Sixth through Seventh stages pertain to Emancipated Life, Liberated Life and *Moksha*.

Sex - Love - Prayer - Meditation and then 'The Desired Endeavour' form the only steps to be taken by the student.

As a man you are born somewhere in the last stage of Sex and initial stage of Love. Soon you must traverse into the stage of complete Love. Important thing to note here is that, till now you are what you feel you are - you understand yourself to be what you see yourself as; there is a supposed you and there is a supposed reflection of yours. These both, the supposed you and what you see of yours, appear as real to you - you may feel that the supposed you is the real and the supposed reflection is unreal. Know that both are unreal. The real you is the one, which is witnessing these two supposed forms of you. The real you is the one, which is the observer of this phenomenon. The real you is the one who is the witness of this play of supposed real, the seeming real, the assumed real. The witness, the seer is the actual you. This real you has only transcended from advanced stages of Sex and Love into this stage of being prayerful. The transformation stages can be understood as Love mixed with Sex - Love full of Prayer - Prayer mixed with Love and Prayer drenched in Love.

Somewhere at this stage, you start developing your internal ears, your internal eyes. A fully prayerful you is somewhere in the last of the fourth and initial of the fifth house. **Somewhere in this stage, you meet your Chidiya who is the resident of the last of fifth stage and initial of sixth stage.** Once you perform your part of the effort to evolve ...your Chidiya descends to uplift you. The unique endowment of Chidiya, is covered in detail in next chapter. Now your prayer is meditative and meditation is prayerful. Note that the unreal you cannot be meditative. How it can be? Why the unreal has to be meditative? You cannot be in love and be also in meditation. This is not the rule. To be prayerful is important; thus, you reach your desired endeavour.

Your Bhaav is a massive bundle of your desires, your wishes, your aspirations, your thoughts, your attitudes, your intents, your *sankalpaas* (vows, little oaths), your determinations, your *vikalpaas* (plans, methodologies, and alternatives), your understandings, your enjoyments, your accidents, and your experiences. You are merely the final outcome of your journey till date; you are the end product of your ventures till date; you are only what you wanted to be. You are only your thought and you are only your own self. **You are only your *Bhaav* ...that is Your Soft World.**